

面對逆境要積極 勇闖難關顯韌力

家長篇

引言

「天生我材必有用」，每個人都是獨特、重要和有價值的。然而人生中總會有逆境的時候，當子女面對生活中的巨大壓力時，家長應幫助子女提升他們的抗逆力和減低他們的自殺行為風險。

增強子女生命成長韌力

以下是一些能夠提升子女抗逆力的元素：

- 積極的態度及人生觀
- 有效的生活技能（如善於解決困難、調解衝突、有效的溝通能力等）
- 良好的忍耐力；不易衝動、控制情緒
- 擁有自尊感
- 良好的自制能力
- 持有宗教、文化及種族信念
- 良好及健康的家庭環境和關係
- 身邊重要人物（如父母、好友）的支持
- 健康的社交生活（如善用餘暇）
- 能投入社區生活（如在社區有參與和貢獻的機會）

面對逆境時的常見反應

以下是子女在面對逆境時一些常見的反應：

I 常見的情緒反應

- 哀傷、焦慮、擔憂
- 憤怒、震驚
- 自責、內疚
- 害怕孤獨、擔心與家人分開



II 出現情緒問題時的一些行為特徵

- 成績下跌、集中力弱
- 經常感到不適：如頭痛、胃痛、疲倦、全身痛楚
- 睡眠或飲食習慣改變：如發惡夢、飲食失調
- 憤世疾俗、很多怨恨、越來越暴躁、情緒化、好挑剔
- 終日悶悶不樂、容易落淚、對任何事物提不起勁
- 對周遭事物、朋友或嗜好失去興趣
- 不參加活動或退出所屬學會
- 屢次做出傷害自己的行為，甚至提及輕生意念

幫助子女面對逆境

如子女因遇到逆境而出現負面反應，家長可嘗試以下方法幫助子女面對：

家長應該：

1 以身作則

- 家長應保持冷靜與子女溝通，令對方感到安全和舒適
- 與他們分享你的感受，使子女明白每人都有不同的反應，不用過份擔心自己的反應，通常過一段日子便可以平伏過來

2 聆聽

- 多花時間與子女傾談，耐心聆聽，瞭解子女的感受。盡量保持親切、體諒及開明的態度，避免作出批判或教訓
- 留意他們的健康和內心需要
- 鼓勵沉默的子女利用不同方式表達自己的感受（例如：講故事、繪畫、做手工等）

3 協助子女處理不安情緒

- 如子女腦海中重複出現負面事物的影像，鼓勵他們以喜歡的影像／輕鬆的片段代替（例如回想一次愉快旅行的經驗、喜歡的電影、美麗的風景等）
- 當子女感到有壓力時，協助他們放鬆自己，保持適當運動、參與合宜和輕鬆的活動，例如聽音樂、與寵物玩耍等
- 為子女提供正面的生活經歷，幫助他們訂立及完成合適、可達到的短期目標



4 提升子女的安全感

- 多陪伴子女，特別是年幼子女更需要多給予擁抱和關懷，讓他們感到被接納和愛護。如有需要，可陪伴子女入睡，或睡時避免將所有的電燈關掉，可將房門打開，以提升安全感
- 提供一個安全的家居環境
- 盡量維持日常生活的程序及家庭活動的編排，盡快回復日常規律

家長不應：

- 家長不要迴避問題或拒絕與子女溝通
- 家長不應因為子女的異常行為影響日常生活而予以責備
- 家長不應與他人過份重複討論逆境事件，令子女困擾不安
- 家長不應在子女面前爭拗，特別是與子女有關的事情

尋求協助

家長應密切留意子女在行為或情緒上的變化，如子女的負面或消極情緒表現劇烈或持續，也可以向提供輔導服務的機構求助。

參考資料

教育局

《培育子女小錦囊》

<http://www.edb.gov.hk/tc/teacher/student-guidance-discipline-services/gd-resources/index.html>

24小時熱線：

香港撒瑪利亞防止自殺會	2389 2222
生命熱線	2382 0000
明愛向晴軒“向晴熱線”	18288
社會福利署	2343 2255

香港大學香港賽馬會 防止自殺研究中心

<http://csrp.hku.hk>

醫管局葵涌醫院 – 精神健康教育資訊

<http://www.ha.org.hk/kch/start.html>

「思覺失調」服務計劃

<http://www3.ha.org.hk/easy/chi/index.html>

Face Adversities with Perseverance Overcome Hurdles with Resilience

Parents

Introduction

Every individual is endowed with talents. Everyone is unique, important and precious. Yet, we all face adversities at different points in life. When children experience immense stress, parents should help them enhance their resilience and minimize their suicidal risks.

Enhance Children's Resilience

Some factors that could enhance children's resilience are as follows:

- Positive attitude and life values.
- Effective life skills (e.g. problem-solving, conflict resolution and effective communication abilities).
- Good endurance; low impulsivity level and good emotional control.
- Sense of self-worth.
- Good self-control.
- Possessing religious, cultural and ethnic beliefs.
- Healthy and harmonious family environment and relationships.
- Support from significant others (e.g. parents and best friends).
- Healthy social life (e.g. proper use of leisure time).
- Community involvement (e.g. opportunities to participate and contribute to the community).

Common Reactions in Face of Adversities

The following are some common reactions your children may exhibit when facing adversities:

I Common emotional reactions

- sadness; anxiety; worries
- anger; shock
- self-blame; guilt
- fears of being alone; worries about separating from family



II Behavioural signs

- drop in academic performance and failure to concentrate
- frequent physical complaints (e.g. headaches, stomach-aches, fatigue, body aches)
- change in sleep or eating patterns (e.g. having nightmares, eating disturbances)
- a sense of hatred towards others; easily irritable, moody and picky
- pervasive sadness; get tearful easily; apathetic
- loss of interest in the surroundings, friends or hobbies
- not joining activities; withdrawal from interest clubs
- repeated self-injuries, even expressing suicidal ideation

Help Children Face Adversities

If children exhibit negative reactions to adversities, parents may adopt the following strategies:

Parents should:

1 Be a role model

- Parents should remain calm when communicating with their children so as to let them feel safe and secure.
- Parents can share their personal feelings with their children to help them understand that people have different emotions. People do not need to be over worried about their negative reactions because usually these would be settled after some time.

2 Listen

- Do spend time talking with children and listen patiently to understand their feelings. Try your best to keep a caring, accepting and open attitude and avoid being judgmental or preaching.
- Pay attention to their health and psychological needs.
- Do encourage children who are unable to articulate their feelings to use other means of expressing themselves, such as story-telling, drawing or doing handicraft, etc.

3 Help children handle anxious emotions

- If your children have recurrent negative images in their mind, encourage them to replace these by images they like or episodes which make them feel relaxed, such as recollection of an enjoyable trip, a favourite movie or a beautiful scene, etc.
- When your children feel stressful, help them relax by doing suitable physical exercises, engaging in appropriate and relaxing activities such as listening to music, playing with pets, etc.



- Provide positive life experiences for your children, help them set and accomplish attainable short term goals.

4 Provide a safe environment

- Accompany your children, especially younger ones who need more hugs and care, so as to let them feel accepted and loved. If needed, stay with them when they go to bed, let them have the lights on or open the bedroom door to increase their sense of security.
- Provide a safe home environment.
- Try to maintain daily schedule and arrangements of family activities so as to quickly resume normal routine.

Parents should not:

- Parents should not avoid the problems or refuse to communicate with children.
- Parents should not reproach children because of their strange behaviours which have disrupted daily routine.
- Parents should not excessively and repeatedly discuss with others about the adverse event, making children feel disturbed and uneasy.
- Parents should not argue in front of children, especially when topics are related to them.

Seek Help

Parents should closely observe children's behavioural or emotional changes. If they exhibit negative or pessimistic emotions vigorously or persistently, parents might also turn to agencies which offer counselling services for help.

Reference

Education Bureau

Some Tips on Parenting Leaflet 2009 (Chinese version only)
<http://www.edb.gov.hk/en/teacher/student-guidance-discipline-services/gd-resources/index.html>

24-hour-hotlines:

The Samaritan Befrienders Hong Kong	2389 2222
Suicide Prevention Services	2382 0000
Caritas Family Crisis Support Centre — Caritas Crisis Hotline	18288
Social Welfare Department	2343 2255

The Hong Kong Jockey Club Centre for Suicide Research and Prevention, The University of Hong Kong

<http://csr.p.hku.hk>

Hospital Authority Kwai Chung Hospital — Mental Health Education Information

<http://www.ha.org.hk/kch/eng/index/eng-index.html>

Early Assessment Service for Young People with Psychosis (E.A.S.Y.)

<http://www3.ha.org.hk/easy/eng/index.html>